

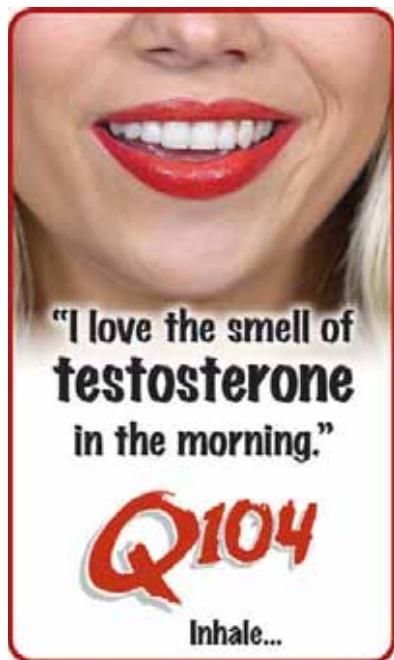
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TALL SHIP DRIFTS INTO HALIFAX HARBOUR AFTER VANDALS UNTIE SECURING ROPES AT DOCK PAGE 5



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Tuesday, October 9, 2012



Senior sexually assaulted

'It's heinous.' Halifax man, 45, accused of crime on 84-year-old Springhill woman

A 45-year-old Halifax man is facing charges after police say an 84-year-old Springhill woman was sexually assaulted inside her home.

Deputy Chief Ken Matthews of the Springhill police said officers responded to a complaint of a break-and-enter at the victim's residence on Sunday at 4:30 a.m.

"Resources were pooled, and approximately three hours later a 45-year-old male was arrested at a private home in Springhill," Matthews said.

Rumours in Springhill say police caught the man after his wallet was found at the victim's home. But, Matthews said, "I can't confirm or deny that at this point." As for the nature of the crime, Matthews said it disgusts him.

"It's heinous, it's terrible,

Charges laid

The 45-year-old Halifax man has been charged with sexual assault causing bodily harm, break-and-enter and committing sexual assault, and forcible confinement.

it's revolting," he said. "It's something that, as far as I'm concerned and as far as our department is concerned and as far as the members of our community are concerned — it's not to be tolerated or accepted in any fashion."

Police say the man charged currently lives in the Halifax area but is originally from Springhill. It is thought the 45-year-old knew the 84-year-old woman on a casual basis.

He is currently being held in custody and will appear in Amherst provincial court Wednesday at 9:30 a.m.

Police say the victim is under observation at the All-Saints hospital in Springhill.

AMHERST DAILY NEWS



UP HIGH IN THE SKY

Midway riders enjoy the speed of the Star Trooper at the last day of the Maritime Fall Fair on Monday at Exhibition Park. Thousands of people attend the fair each year. JEFF HARPER/METRO



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E-voting has started too soon: Candidate

Electronic ballot.

Wayne Mason says program introduced before election gets most interesting

ANDREW
RANKIN

andrew.rankin@metronews.ca

Opening up the polls two weeks before the election is too early, Halifax regional council hopeful Wayne Mason says, because that's when campaigns are kicking into high gear and election drama is most interesting.

"That's when you see the media giving candidates the most coverage. People as well as the candidates are engaging more," said Mason, who is running in District 7. "I just don't know that people really know what decision they want to make yet."

Tom Bateman, a political-science professor at St. Thomas University in New Brunswick, tends to agree.

"Generally, you don't get more people voting — you get people voting in advance to get it out of the way to avoid the rush and standing in line," Bateman said on Monday. "But that kind of messes things up for the candidates because they really kick it into gear during the last few weeks."

Thousands of HRM residents get head start, cast e-vote

About four per cent of eligible voters in HRM filled out their ballots during the first few days of the electronic voting program.

As of early Monday afternoon, 11,340 of 297,192 registered voters had cast their vote. About 10 per cent (915) voted by phone, and the rest by Internet (10,425).



One of the reasons e-voting was introduced is to reach younger people, but political scientist Tom Bateman says a lack of civic engagement is behind voter apathy among all age groups. JEFF HARPER/METRO

Mason, one of four candidates hoping to dethrone incumbent Sue Uteck, would like to see electronic voting, which opened on Saturday and runs until Oct. 18, start about a week before the election.

Furthermore, he doesn't anticipate more younger voters will take advantage of early voting. Rather, he thinks it serves a traditional older elec-

Quoted



"If the goal is to get everybody engaged, I think we have a ways to go."

Wayne Mason, District 7 candidate

torate, who usually support the incumbent.

One of the reasons e-vot-

ing has been introduced is to reach younger people.

Uteck says any extra

vehicle that attempts to get more voters out is a good thing. She says her main concern is that many residents have yet to receive their voter cards.

"We're talking longtime residents," she said. "We had 73 calls on our campaign line who didn't have voter cards. The enumeration list from the province is the poorest one we've ever had."

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1 NEWS

Halloween

is too short to blend in

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Silva ship takes a trip after ropes untied

Halifax harbour.

Tall ship was later retrieved and tied back up to dock



PHILIP
CROUCHER

philip.croucher@metronews.ca

Halifax police are using words like "senseless" and "dangerous" to describe a prank involving a group intentionally untangling ropes securing the Tall Ship Silva from its docked position at the Halifax waterfront.

Police say video surveillance shows a group of people on board the ship at about 1:30 a.m. Monday. One of the sails is then raised, police say, and all but one of the securing ropes was



Tall Ship Silva THE CANADIAN PRESS FILE

untangled.

At about 5 a.m., police say the video shows the other rope keeping the ship to the dock breaking free and the ship sailing into Halifax harbour unmanned.

Police received a call about the free-floating ship an hour later, and afterwards the ship's owner called police to say it had been intentionally set free

from its mooring.

"It's senseless and could've been dangerous. It's so dark and that's a fair-sized ship," said police spokesman Staff Sgt. Reid McCoombs. "That goes floating in the harbour, and another container ship comes along, there could've been a lot of damage or someone could've gotten hurt."

McCoomb didn't know what, if any, damage may have been caused to the ship.

He also says there is no description of the suspects, as police are asking for the public's help with any information they may have.

"We'll be doing a canvass to see if we can get any other video footage or witnesses," McCoombs said. "At least we have a decent time frame to work with."

Halifax man dies of injuries after house fire

A 49-year-old man is dead after he was pulled out of a burning north-end Halifax home on Sunday night.

Just before 9 p.m. police were called to 3565 Lynch St. due to the fire, and the victim lost consciousness after being taken out of the home by firefighters.

He was then taken to hospital, but later died of his injuries.

"We can't even say that for sure yet," Halifax Regional Police Staff Sgt. Reid McCoombs said about whether the fire is suspicious.

"Fire investigators are still looking at all of the information. It hasn't been deemed suspicious one way



Police at 3565 Lynch St. on Monday. An overnight fire at the residence claimed the life of a 49-year-old man. JEFF HARPER/METRO

a or another yet."

The victim was the only person inside the home,

which received some damage but wasn't destroyed.

PHILIP CROUCHER/METRO

Obituary

Cape Breton musician John Ferguson dies

A well-known Cape Breton singer-songwriter has died.

John Ferguson passed away suddenly at his home in Dartmouth on Friday.

Ferguson began a musical career in 1972, in Sydney, as a founding member of the folk band Miller's Jug. Five years

later, he joined the Irish-influenced group McGinty with Dave Hickey, Don Moore and business manager Bob Dooley.

In 1990, Ferguson teamed up with Cape Breton singer-songwriter Buddy MacDonald and another with Cape Breton musician Roger Stone, in addition to three solo recordings.

CAPE BRETON POST



John Ferguson HANDOUT

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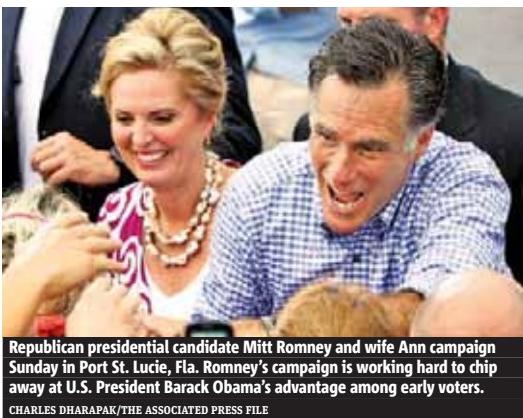
Presidential race. Romney takes jabs at Obama over Syria

Republican Mitt Romney, flashing new confidence on the campaign trail as polls showed him gaining ground in a tight race, assailed President Barack Obama's leadership in the Middle East on Monday and declared the U.S. must join other nations in helping arm Syrian rebels.

Hoping to bolster his own

foreign policy credentials, Romney said he would identify and organize those in the Syrian opposition who share American values, then work with American allies to "ensure they obtain the arms they need to defeat Assad's tanks, helicopters and fighter jets."

THE ASSOCIATED PRESS



Republican presidential candidate Mitt Romney and wife Ann campaign Sunday in Port St. Lucie, Fla. Romney's campaign is working hard to chip away at U.S. President Barack Obama's advantage among early voters.

CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

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U.S. court to look at race in college admissions

Legal debate. The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for legal precedents.

But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is

- More than eight in 10 African-American and Latino students who enrolled at the University of Texas flagship campus in Austin last year were automatically admitted, according to university statistics.

one of many factors considered by admissions officers.

The rest of the roughly 7,100 freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in *Grutter v. Bollinger* is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. THE ASSOCIATED PRESS

He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire population and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's anti-terrorism statute, the first case of its kind in New York.

"Violent crime committed by a street gang constitutes a crime of terrorism ... when it is motivated solely by the intent to establish a gang's 'street credentials' as the toughest Mexican gang in the Bronx," because those crimes are intended to intimidate or coerce a civilian population, prosecutors argue in a court filing.

Court of Appeals

- The Court of Appeals will hear the case Tuesday in Manhattan. Its ruling is expected next month.

They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people.

Now 30, Edgar Morales was accused of firing five shots during the August 2002 fracas outside the christening party at a church, killing bystander Melany Mendez. He was convicted of manslaughter, attempted murder, weapon possession and conspiracy — each count enhanced in seriousness by the anti-terrorism law. He was sentenced to 40 years to life in prison.

On appeal, the mid level Appellate Division said he's no terrorist under the statute and deserves resentencing. That would lower the maximum to 25 years. THE ASSOCIATED PRESS



Sri Lankan judges and lawyers demonstrate next to a coffin that they said symbolized the death of independent judiciary in Colombo, Sri Lanka, Monday. THARAKA BASNAYAKA/THE ASSOCIATED PRESS

'Death of judiciary' mourned in Sri Lanka

Angry response.

Hundreds of Colombo lawyers and staff protest an attack on a judge, while many others across country stage boycotts of courts

Sri Lankan judges and lawyers boycotted courts on Monday to protest an assault on an outspoken judge, and hundreds of lawyers staged a demonstration demanding a thorough investigation into the attack.

About 500 lawyers and staff wearing black headbands marched in front of Colombo's court complex. They car-

ried a coffin, saying the weekend attack on Judge Manjula Tilakaratne represented the death of an independent judiciary. Later, they burned the coffin.

They held placards reading: "Stand up to protect the judiciary. Protect lives of judges. Arrest those who attacked a judge."

Tilakaratne, secretary of the Judicial Service Commission, which handles judicial appointments and transfer of judges, was attacked by four men on Sunday as he was in his car after dropping off his son at school. He sustained injuries to his face and right hand. Police said an investigation is underway.

Protesters said Tilakaratne had irritated the government

with a statement two weeks ago complaining of outside influences on the commission's decisions.

A protesting lawyer, J.C. Weliamuna, said the attack was "unprecedented" and blamed the government. Another lawyer, Gunaratne Wanninayake, demanded that police conduct an impartial inquiry. "This attack symbolizes the death of Sri Lanka's independent judiciary. It's not just an attack on one judge, it has dealt a severe blow to the whole judiciary," he said.

District judges stayed away from work Monday, while lawyers also boycotted courts across the country, said lawyer Nuwan Bopage.

THE ASSOCIATED PRESS

Zimbabwe. President Mugabe calls for tolerance in wake of PM's criticism

Zimbabwe's president wants his people to be tolerant of each other's views to allow for a free vote in proposed elections, he said on Monday.

President Robert Mugabe, officiating at the state burial of a former foreign minister, said political differences must be private and "not expressed in actions" that lead to violence. He called on Zimbabweans to follow the "virtues and discipline" of academic and veteran diplomat Stan Mudenge, who died October 4th of heart failure at age 71.

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river. It's their

business," Mugabe said.

Mugabe's remarks followed harsh criticism by Prime Minister Morgan Tsvangirai over the weekend about the presidential party's record of violence. Tsvangirai, in a shaky coalition government, described Mugabe as a hypocrite for "preaching peace by day" while his ZANU-PF party loyalists attacked opponents at night.

"We have politicians who shed crocodile tears like Mugabe," Tsvangirai said at a rally in the Zaka district, where his former opposition Movement for Democratic Change party has reported the country's worst upswing in political violence in recent months.

Quoted

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river."

Robert Mugabe, president of Zimbabwe

Tsvangirai said on Saturday he was giving Mugabe an ultimatum to end the violence or he would pull out of the coalition and elections planned for next year. He said he won't "step on dead bodies" to get elected as the country's president. THE ASSOCIATED PRESS



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Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Death-defying feat.
‘Fearless Felix’ will attempt highest, fastest jump ever

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed “Fearless Felix” could be the first skydiver to break the sound barrier. If he doesn’t, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, N.M., on Tuesday morning.

He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger’s speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July. THE ASSOCIATED PRESS

Final jump

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.

- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Border Patrol shootout was case of mistaken identity: Union head



Mourners at the funeral for Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on

Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the return fire.

“I don’t know what it was he saw or heard that triggered this whole event,” McCubbin said. “Unfortunately it resulted in his death and another agent injured.”

The shooting occurred in a rugged hilly area near the border close to Bisbee, Ariz., an area known for illegal trafficking.

THE ASSOCIATED PRESS

Sandusky, his victims to speak at sentencing

Penn State scandal.

Sandusky set to stress his innocence in child sexual abuse case

Jerry Sandusky and at least some of his victims plan to address the judge at his sentencing, a proceeding that may last less than two hours, lawyers said after a closed-door meeting to iron out logistics ahead of the Tuesday hearing.

Sandusky's lawyer Joe Amendola said "it's as certain as certain can be" that the former Penn State assistant football coach will speak to Judge John Cleland and as-



sert his innocence before he is sentenced on 45 counts of child sexual abuse.

"What I anticipate he'll say

is he's innocent," Amendola said outside the courthouse Monday afternoon.

THE ASSOCIATED PRESS

Russia. Don't drink kefir and drive?

Russia's top health official said Monday that drinking and driving don't mix — even when the drink in question is kefir, a fermented milk beverage containing less than one per cent alcohol.

The comments by Genady Onishchenko, Russia's chief sanitary inspector, sparked an outburst of criticism and ridicule on Twitter. Dozens of users circulated a picture of a glass of kefir with the caption, "Kefir? NO! I'm driving!"

Officials have scrambling to condemn drunk driving since an intoxicated driver in September killed seven people, including five orphans, after crashing into a bus stop in Moscow. Some lawmakers have proposed life sentences for drivers who cause death while under the influence. One has said drunk driving is a bigger threat than terrorism.

During a hearing of the Public Chamber, a governmental oversight body, on a proposal to raise the minimum blood-alcohol level for drivers, Onishchenko said kefir lovers "should decide — are you going to get behind the wheel, or drink kefir?"

Getting drunk off kefir is practically impossible.

THE ASSOCIATED PRESS



Officials say they are struggling to free two ships that ran aground on a stretch of ecologically valuable coastline in eastern Spain. The cargo ships were beached by powerful winds on Sept. 28. THE ASSOCIATED PRESS

Art

Man arrested over Rothko graffiti

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism." Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti.

THE ASSOCIATED PRESS

A black and white photograph of actor Joel Kinnaman. He is wearing a light-colored tweed blazer over a dark blue dress shirt and a dark tie. A patterned pocket square is visible in his jacket's breast pocket. He has short, dark hair and is looking directly at the camera with a neutral expression. The background is a textured, light-colored wall.

Joel Kinnaman in

Tweed blazer

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H&M

Fugitive apprehended



Salvador Alfonso Martinez Escobedo, also known as "Squirrel," waves goodbye to the press corps as he is led away after his presentation to reporters at the Organized Crime Special Investigations Unit headquarters in Mexico City on Monday. MARCO UGARTE/THE ASSOCIATED PRESS

Mexico. Suspected Zetas cartel leader seized by navy over series of charges, including the massacre of 72 migrants

The Mexican navy nabbed a suspected Zetas cartel leader accused of involvement in some of the country's most notorious crimes in recent years, authorities said Monday.

Navy spokesman Jose Luis Vergara announced that Salvador Alfonso Martinez Escobedo was arrested Saturday and is believed to have masterminded the massacre of 72 migrants in the northern state of Tamaulipas in 2010.

The man known as "Squirrel" also has been linked to the escape of 151 prisoners in 2010 from a jail in the city of Nuevo Laredo, the recent flight of 131 prisoners in the city of Piedras Negras and the killing of U.S. citizen David Hartley in 2010 on Falcon Lake, which straddles the U.S.-Mexico border. The death of Hartley drew wide attention as it appeared Hartley and his wife, Tiffany, were on a personal trip when he was

shot by Mexican criminals on Sept. 30, 2010. The Hartleys were using personal watercraft on Falcon Lake when David Hartley was shot in the head.

Asked about the detention, Tiffany Hartley's mother, Cynthia Young of LaSalle, Colo., said: "We heard the news this morning. We're just trying to process the information. What we're going to try to do is get a hold of some facts and make sure we know what's happening."

Young said the family could issue a statement once more information is known. The navy is also blaming Martinez for the killing of the Tamaulipas state police commander and chief investigator on the case, an attack that hampered the investigation.

Vergara said Martinez was captured in Nuevo Laredo, across from Laredo, Texas. He was shown to the news media Monday. **THE ASSOCIATED PRESS**

Quoted

"We heard the news this morning. We're just trying to process the information." Cynthia Young, mother of widowed Tiffany Hartley

A man was charged in connection with a large fight that broke out among people attending two different wedding receptions in downtown Philadelphia during the weekend, police said Monday.

Philadelphia. Wedding brawl causes mayhem

Quoted

"I just saw a lot of people going at it. It was obviously pretty chaotic."

Max Schultz, 15-year-old witness, who videotaped the fighting

duct.

The spreading altercation was caught on video by Max Schultz, a 15-year-old from Camp Hill in central Pennsylvania, who was in Philadelphia with his parents to see the historic sites and celebrate his birthday. Schultz said he was sleeping when noise from the fight awoke him and he went to check it out around 2 a.m.

He went to an atrium where he looked down on the fight, took out his cellphone and began recording it — after he had to frantically start deleting files so he had enough memory for the video of people sparring while wearing tuxedos and ball gowns.

"I just saw a lot of people going at it," said Schultz, who later posted the video on YouTube. "It was obviously pretty chaotic."

THE ASSOCIATED PRESS



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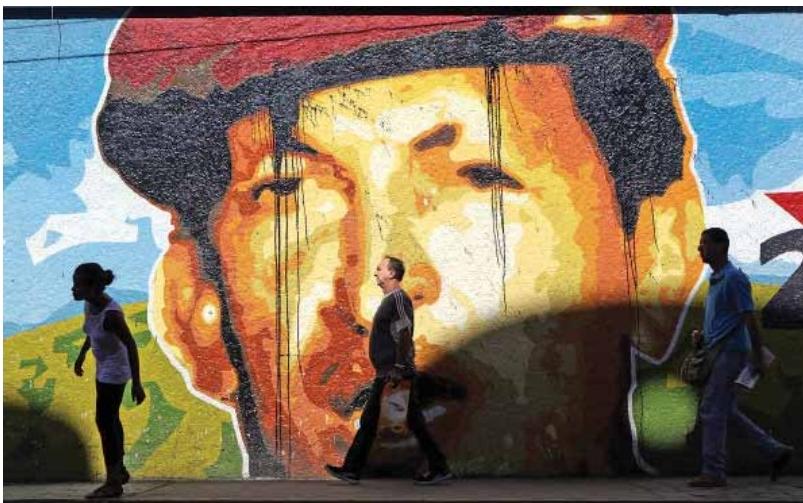
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People walk past a mural depicting President Hugo Chavez in Caracas, Venezuela, on Monday. Chavez won re-election and a new endorsement of his socialist project on Sunday. RODRIGO Abd/The Associated Press

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

ened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per

Voter
"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings.

cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strength-

Southeast Asia

Strong quake hits eastern Indonesia

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude-6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku. THE ASSOCIATED PRESS

Van der Sloot. Jailed killer to be a father, report says

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for killing a young Peruvian woman in 2010, says he is going to be a father. His attorney said the inmate does have a conjugal visitor, a woman named Leidy Figueroa Uceda.

Van der Sloot is a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway. He could resist extradition to the United States if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen.

THE ASSOCIATED PRESS



Dutch citizen Joran van der Sloot is escorted by Peruvian police in June 2010. THE ASSOCIATED PRESS

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Rare disease steals chunks of teen's life

Sleep disorder. Little known about 'Sleeping Beauty' syndrome, which traps adolescents in extended slumbers

There was nothing sweet about Kaitlyn Terrana's 16th birthday. And she has virtually no recollection of her last birthday, her 17th, either. She slept through both of them.

At a time when the teenager should be living each day to the fullest, she is trapped in a roughly six-week cycle in which she has no choice but to take to her bed, slumbering for about 10 days at a time.

Kaitlyn has developed an extremely rare condition called Kleine-Levin syndrome, or KLS, and it is stealing her life away.

"Kind of like the day before, I start feeling really tired and it's really hard for me to focus in class," she says from her

home in Hamilton, Ont. "And then after that, I'm just gone for 10 days. I have to sleep, I can't stay awake."

Her mom, Kathy Terrana, has to closely monitor Kaitlyn when she experiences one of these sleeping periods, saying her daughter can't be left alone.

"In the beginning of her episodes, she starts off being very, very tired," she says. "By late evening I can usually tell that, yes, she is starting an episode, because she doesn't talk, she

doesn't converse with anybody.

"It's not very nice to say, but it's almost like she's a walking zombie, because when they're in their episodes they can be walking around but they don't know what's going on around them. So there's no empathy, there's no feeling whatsoever. She's in a complete fog."

Once an episode starts, Kaitlyn can easily sleep 20 or more hours at a stretch

Little is known about KLS because the condition is so

rare. Doctors don't know what causes it and there are no treatments or cure.

The syndrome affects at least twice as many boys as

girls and onset is usually during adolescence. Typically, the episodes last from 10 to 15 years, then disappear as mysteriously as they began. **THE CANADIAN PRESS**



Kaitlyn Terrana, 17, poses in her bedroom at her family's home in Hamilton, Ont., Sept. 29. **SHERYL NADLER/THE CANADIAN PRESS**

Reprogramming cells. Nobel Prize awarded for groundbreaking discovery

Two scientists from different generations won the Nobel Prize in medicine Monday for the groundbreaking discovery that cells in the body can be reprogrammed to become completely different kinds, potentially opening the door to growing customized tissues for treatments.

The work of British researcher John Gurdon and Japanese scientist Shinya Yamanaka — who was born the year Gurdon made his discovery — has raised hopes of developing transplant tissue to treat diseases like Parkin-

son's and diabetes. And it has spurred a new generation of laboratory studies into other diseases, including schizophrenia, that may lead to new treatments.

"Their findings have revolutionized our understanding of how cells and organisms develop," the Nobel committee at Stockholm's Karolinska Institute said in announcing the 8 million kronor (\$1.2 million) award. It was the first of this year's Nobel Prizes, with five more awards to be announced by next Monday.

THE ASSOCIATED PRESS

Nobel Prize in medicine

- **Who won:** Britain's John Gurdon, 79, currently with the Gurdon Institute that he founded, and Japan's Shinya Yamanaka, 50, who worked at the Gladstone Institute in San Francisco and Nara Institute of Science and Technology in Japan. He is now at Kyoto University.
- **For what:** In 1962, the year Yamanaka was born, Gurdon showed that the DNA from specialized cells of frogs, like skin or intestinal cells, could be used to generate new tadpoles. In 2006, Yamanaka showed that mature cells could be turned back into primitive cells, which in turn could be prodded into different kinds of mature cells.
- **Significance:** The discoveries showed that the body's mature, specialized cells can be reprogrammed into stem cells — a discovery that scientists hope to turn into new treatments without destroying human embryos. Scientists want to harness the reprogramming to create replacement tissues for treating diseases such as Parkinson's, cystic fibrosis and diabetes, and for studying the roots of diseases in the laboratory.

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Popular male giraffe dies

Polish zoo. Animal that gained media fame after brutal attack dies during surgery

Tofik, a male giraffe who won sympathy in Poland after he lost his two female companions in the wake of an attack by hoodlums near their zoo enclosure, has died during surgery for digestive problems, zoo officials said Monday.

The five-year-old Rothschild giraffe died Sunday, said Magdalena Janiszewska, the head of the zoo in Lodz, some 120 kilometres west of Warsaw. His stomach condition is believed not to be related to

Attack

The endangered animals earned widespread media attention in Poland after hooligans tossed garbage cans and benches near their enclosure — frightening the normally skittish animals. In a nation that loves its creatures, the public was horrified someone would attack helpless zoo specimens.

the attack.

The loss is particularly poignant for the zoo. Two female giraffes that were with Tofik in his enclosure during the May attack died of complications because of the stress.



Tofik, left, a male Rothschild giraffe, with female giraffes brought to fill the void for him after two female partners died following a hooligan attack in the spring at a zoo in Lodz, Poland. MARIAN ZUBRZYCKI/THE ASSOCIATED PRESS

"It is a very bad year for us," she said. "It is hard not to talk of bad luck."

After Tofik was left alone, zoo officials brought in three other giraffes to mate with him and keep him company.

hoping that it would help his recovery. They had been doing well until he fell ill.

New management at the zoo would like to bring in a new male in due time, Janiszewska said. THE ASSOCIATED PRESS



Sharks circle whale carcass

A bird's shadow is cast on a beached whale carcass washed up on Muizenberg beach on the outskirts of Cape Town, South Africa, on Monday. Beaches remained closed on Monday as disaster-response teams attempted to recover the carcass amid an increase in shark activity.

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

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Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.

THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.

THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.

THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.

THE CANADIAN PRESS

Beef recall

CFIA to assess Alberta plant

The Canadian Food Inspection Agency (CFIA) says it will be conducting a detailed assessment of the Alberta processing plant at the heart of a massive tainted-beef recall. The CFIA says the assessment will determine if XL Foods Inc. has fixed the problems uncovered by the agency.

THE CANADIAN PRESS

Motorcoach crash

Bus not permitted in U.S., say feds

U.S. federal investigators say a motorcoach from Toronto involved in a crash that injured 23 people on a New Jersey exit ramp this weekend was not permitted to be in that country. The Federal Motor Carrier Safety Administration says it is probing the Canadian company.

THE CANADIAN PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase



Justin Bresaw CONTRIBUTED

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday. "After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation

to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, David Northway, a spokesman for Tallahassee police, said.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS

Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple.

AMBER WATERMAN/THE ASSOCIATED PRESS

One dead. Plane crashes into lake west of Ottawa, investigators en route

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about

two hours west of Ottawa.

The single-engine Socata TBM 700 plane reportedly went down just before 12:30 p.m. Monday.

The identity of the person killed has not been released to the public.

Sgt. Kristine Rae says officers are getting to the crash site via ATVs due to its remote location.

Initially, an Ornge rescue air ambulance had also been dispatched but it has since been cancelled.

Investigators with the Transportation Safety Board are en route.

THE CANADIAN PRESS

Marineland. Protesters seek end to alleged abuse

Quoted

"For the most part the protesters were very co-operative."

Const. Derek Watson with Niagara Region Police

viously," said Powell.

Protesters and police confirmed that those who entered the park managed to shut down a dolphin show.

Const. Derek Watson, a Niagara police spokesman, said more than 20 police officers were called in to disperse the protesters, who quickly retreated.

There were no arrests, though Powell said one trespass ticket was issued.

The theme park was the subject of allegations from former employees and Zoothack Canada who claimed animals at the tourist attraction aren't properly cared for and their health is at risk.

THE CANADIAN PRESS

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Provincial police say that the plane was "blown apart" upon impact.

Impact

Pop machines to display calories

Waist watch. Move by soft-drink firms comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibil-

ity," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. **THE ASSOCIATED PRESS**

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms because they pose a national security threat to the U.S., the House Intelligence Committee warned in a report Monday.

The panel says U.S. regulators should block mergers and acquisitions in America by Huawei Technologies Ltd. and ZTE Corp., among the world's top suppliers of telecommunications gear and mobile phones.

Reflecting U.S. concern over cyber-attacks traced to China, the report also recommends that U.S. government computer systems not include any components from the two firms because that could pose an espionage risk.

"China has the means, opportunity, and motive to use telecommunications companies for malicious purposes," says the committee's report.

THE ASSOCIATED PRESS



Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a \$1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday. **NASA/THE ASSOCIATED PRESS**

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C. for everything from Earth Day celebrations to aboriginal

salmon recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Enbridge has singled out charities in requests to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard. **THE CANADIAN PRESS**

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Jessica Napier
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The glass is half full ... no, really.

Every once in a while, my boyfriend — who tends to walk the line between “concerned partner” and “obsessive hypochondriac” — will forward me an email containing the latest research on all of the foods that are probably going to kill me. Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

“Egg yolks are good for you.”

“No, wait! Stay away from egg yolks!”

“Just kidding, eat egg yolks all the time!”

Ignorance is bliss?

“Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.”

(somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don’t want to pretend that genetically modified fruit and antibiotic-riddled meat products don’t exist, but I also don’t want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we’re far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

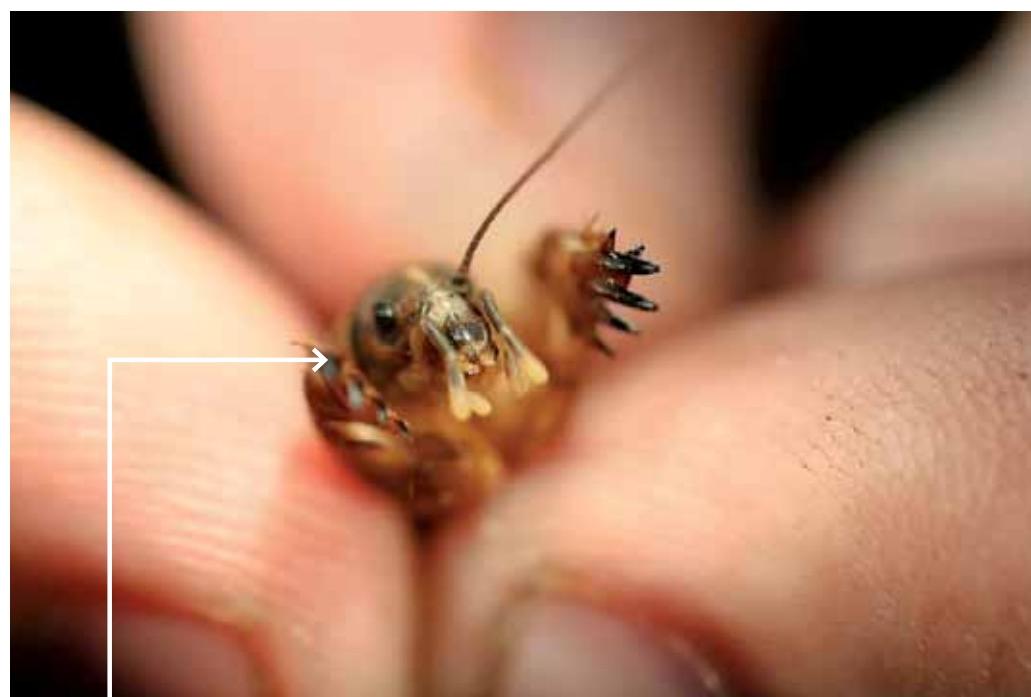


If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

These research studies are the medical equivalent of riled up cable-news anchors who just can’t stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

In her book *The Optimism Bias*, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our

Is something ‘bugging’ you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium’s exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six

to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don’t breed in captivity, so it’s a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

“We’re just rolling the dice and hoping we have that really neat animal for as long as we can,” Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium’s dung beetles and the Audubon Species Survival Center on New Orleans’ west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

“They taste like soft-shelled crab.”

Zack Lemann, animal and visitor-program manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.



Zack Lemann holds a dragonfly in his mouth while collecting them in Louisiana.

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.



Twitter

@Tyler_MacLeod:

Just cast my last vote as a downtown resident. The winner best look after the joint. #Halifax

@Fanboy30:

Wow there is a cruise ship in and its not raining! Weird??? #Halifax

@Steviehlfx:

The bus time just went from 3 minutes away to 58 minutes within a minute... Got to love Metro Transit #halifax and holiday schedules

@allie3cat:

If I wasn't such a rush to get home I would kiss the #Halifax municipality sign. 5 exits to go!

@Hockeydad_29:

To all the fine folks in #Halifax and #dartmouth and all of #NovaScotia have a awesome #Thanksgiving

@megdon27:

I love driving to and from Halifax for thanksgiving weekend, everything is so pretty #trees



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Has the latest recall scared you away from eating beef?



Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY
JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?

- (A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?

- (A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?

- (A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the



What drink does Bond order in the poker scene in Casino Royale? HANDOUT

only James Bond actor not from Great Britain or Ireland. Where is he from?

- (A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

- (C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

- chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?

- (A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?

Scorecard

Answers: 1. (b) 2. (d) 3. (b)
4. (a) 5. (c) 6. (d) 7. (a) 8. (d)
9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

- (A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?

- (A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?

- (A) Lex Luther
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

2
SCENE



Our Hero Lights The Night

Brennan was just your average teenager. He loved sports, playing hockey and basketball and going to the gym. This changed dramatically in May of 2010 when Brennan, at the age of 16, was diagnosed with Burkitt's lymphoma.

Brennan began to experience severe stomach pain that he brushed off as the stomach flu. The pain and flu-like symptoms would continue for five months when doctors would diagnose him with Crohn's Disease. After months of unsuccessfully treating his Crohn's, surgery was the next step.

A few days after his surgery, Brennan was told that it wasn't Crohn's but it was in fact cancer. Brennan began five rounds of chemotherapy.

"The staff at the IWK took excellent care of me. Every nurse, doctor and volunteer I was in contact with was friendly and kind," says Brennan, "Having people like this around goes a long way when you're battling cancer."

Currently in remission, Brennan is now studying Kinesiology so he can help other people take care of their bodies. "My experience with cancer really opened my eyes to how important it is to take good care of your body," says Brennan.

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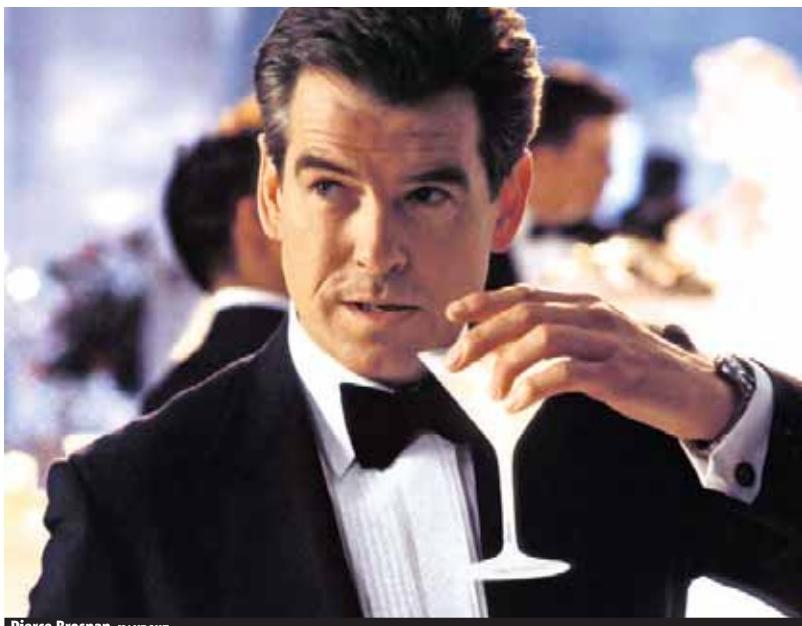
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Pierce Brosnan. HANDOUT



Roger Moore. HANDOUT

Do you have the heart of James Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?

A) A smart outfit but not overdoing it — your face will do the rest
B) It's what I'm NOT wearing that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?

- A) Dropping witty one-liners in high society
- B) Being surprised with lobster for breakfast
- C) Finding the Higgs Boson particle
- D) WORLD DOMINATION

Damn — you missed your train. How do you react?

- A) Run after it and nimbly scuttle aboard
- B) Think 'what a tragedy for the passengers'
- C) Wish time travel was real
- D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?

- A) What friend?
- B) Prod them with a long stick, to check if they

- are alive
- C) Put your field medic training to good use — you always keep a first aid kit handy
- D) Laugh

Your house is burning down — what one item do you save?

- A) Weapon
- B) Mirror
- C) Briefcase
- D) Cat

Who is your hero?

- A) Winston Churchill
- B) Kim Kardashian
- C) Isaac Newton
- D) Captain Hook

What scares you most?

- A) Honesty
- B) Poverty
- C) Mutant bacterial strain
- D) World peace

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

What are you doing for your birthday?

- A) Disappearing
- B) P-A-R-T-Y
- C) Feeling uncomfortable around your loved ones
- D) Being obnoxious because you've earned it

What is your deadly sin?

- A) Lust
- B) Pride
- C) Envy
- D) Wrath

What are relationships for?

- A) Ego
- B) Money
- C) Self-esteem
- D) Ruthlessly exposing weakness

is there's a tremendous balance of action, scale, and romanticism and tragedy and emotion. Of all the Bond films, it's by far the most emotional."

Christopher Nolan, director of *The Dark Knight* and *Inception*, talking in *Empire Magazine* about George Lazenby's turn as Bond.

"I think Roger is the best Bond, of course. Not just because of being my Bond, but because if you read the early Ian Fleming books describing him, that's how he was. He was a bachelor, unattached, he was luxurious, sophisti-



cated, and he was not available for females so no long term relationships there. I think Roger really portrayed that."

Britt Ekland, Bond girl in *The Man with the Golden Gun*, talking to the Telegraph about Roger Moore.

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22k	\$35.90/g
E. Indian/Nuggets	\$31.82/g
18k	\$29.39/g
14k and dental	\$22.85/g
10k	\$16.30/g
9k	\$14.70/g
8k/antique gold	\$9.80/g

Gold Bar Buying Prices

Gold Bars | Buy Price

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Gold 10 ounce (Recognized)	\$15,930.59
Gold 1kg (Recognized)	\$51,216.85
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Silver Jewellery and Other Silver | Price

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Believe in your Future...



From Breaking Bad to a break out CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops — and how he escaped growing a bad '70s shag for this role



NED
EHRBAR
Metro World News in Hollywood

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on *Breaking Bad*, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, *Argo*, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.

You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for *Breaking Bad*. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewed all the time — and not undeservedly



Argo opens this Friday. HANDOUT

so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award, there's no nothing. All it is, is doing something to try to save six American lives.

That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for it.

Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK. You have to take that as, "This is what I do for a living. We do things and we accomplish many things — most of them are good, actually — and we get no public credit for them because of the nature of the work itself." You just can't tell anyone. And if this was not declassified,

they would still not know.

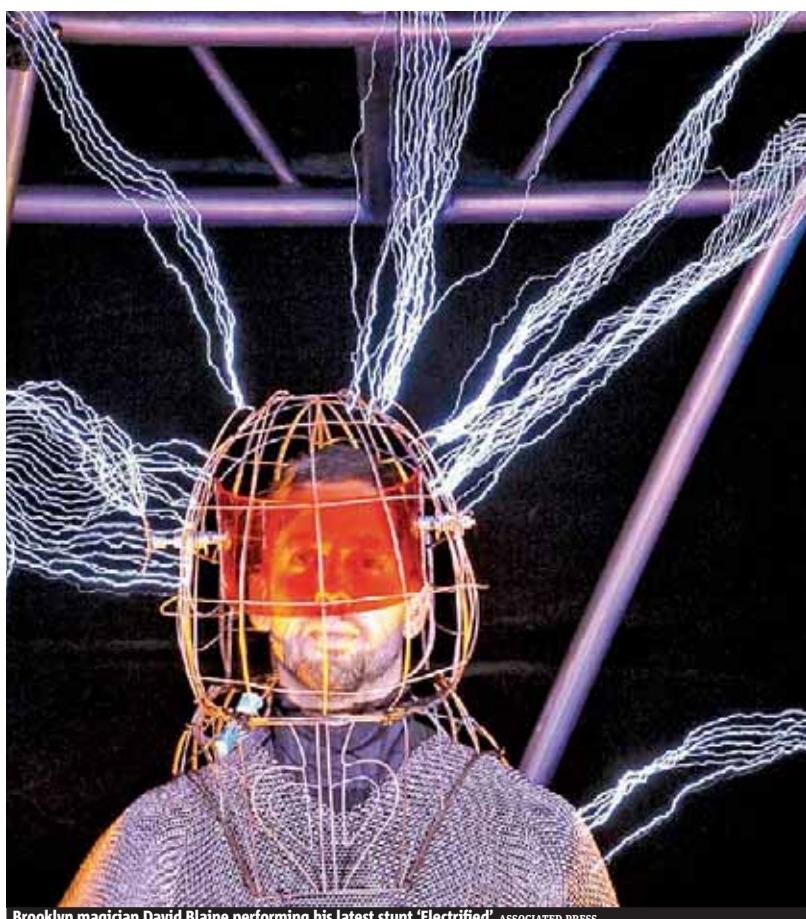
Since *Breaking Bad* has become such a success, you've been doing a lot of movies. How do you find the time?

I actually turn down a lot more than I accept, so it's all about the quality of the film and if it fits in the schedule. My primary responsibility was to *Breaking Bad* from a professional standpoint, and I have a responsibility to my wife and daughter and that sort of thing, and I want to maintain that. There were a couple of other projects that I was supposed to be a part of that I couldn't do, and that's all right. I'm very fatalistic when it comes that. If it's supposed to be, it's supposed to be. If not, OK.

But you're going to have a lot more time in your schedule soon.
Yes, soon! Soon! At the end of March.

Unless you pick up another TV series.

No, no. (laughs) Boy, the bar is raised now. I don't want to do that.



Brooklyn magician David Blaine performing his latest stunt 'Electrified'. ASSOCIATED PRESS

No one's volt but his own: 'Electrified' is Blaine's latest stunt

He's electric. NYC magician will stand for 72 hours surrounded by electricity on podium without food or sleep

MICHELLE CASTILLO
Metro World News in New York

When Claire Fraiser, a sales associate in the Garment District in New York City, heard about magician David Blaine's latest stunt "Electrified," she grabbed her daughter and headed down to Pier 54 in Manhattan on Saturday morning to see the spectacle for herself.

"I think it's a bit mellow," she admitted about the performance. "He's probably saving his best acts for later on when there's more of a crowd."

Mellow is relative, especially when you're talking about Blaine. The Brooklyn, New York-native has been sealed in an ice cube

for almost 64 hours, stood on top of a 100-foot pillar with no harness for 35 hours and placed himself inside a plexiglass cage 30 feet above the River Thames for 44 days – while only consuming water the entire time.

For his latest feat, Blaine is standing on a 20-foot high platform for 72 hours straight, without food or sleep. If that weren't hard enough, he's surrounded himself with Tesla coils that are transferring one million volts of energy from one area to another while he's in the middle of it.

He'll have to concentrate on staying still, while there's the constant crackling of electricity and loud music blaring the entire time.

To up the danger, people are allowed to control how much electricity is pumped through the contraption through a computer. Other events have been coordinated, including one on Sunday evening where musi-

Big tricks

The Brooklyn native has a list of memorable stunts. Here's his high points.

- **Frozen in time.** Blaine was sealed in a block of ice for over 63 hours.
- **Endurance.** Blaine sat in a glass box for 44 days drinking only water.
- **Buried alive.** The magician was entombed in a glass coffin underneath a water tank for seven days.

cian Andrew W.K. played a solo on a keyboard that is connected to one of Blaine's Tesla coils. The notes will power the flow of electricity.

"I'm absolutely electrified and terrified by the opportunity to play a keyboard solo and to use this incredibly powerful device" Andrew W.K. said in a statement on his website.

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Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy,

so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booting calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment

Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny DeVito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

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SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly.

"Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says. "But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia."

As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years.

"They've both been married, so they've already experienced that



and know what it entails," the source says. "It's something for down the road."

Twitter



@lindsaylohan
Girls Love Shoes!!!



@jimmykimmel
one thing about the sewer - it's jam-packed with super villains



@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant



@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

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Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA
MC GUIINNESS
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

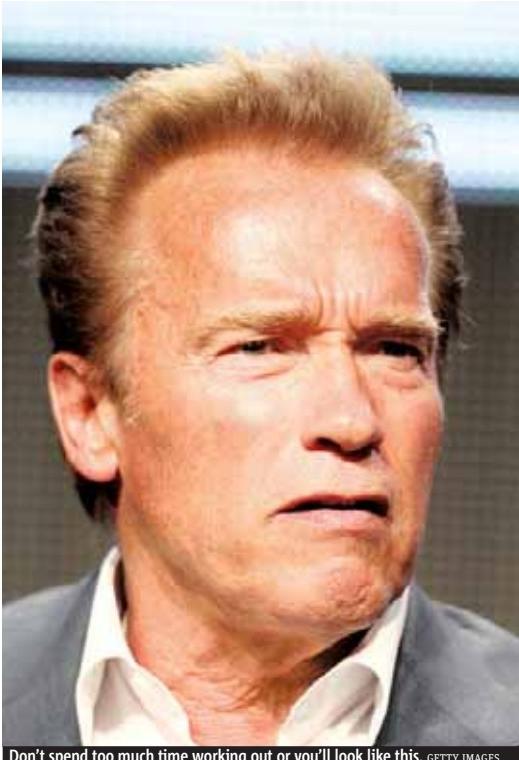
"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of *Yoga Face*. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing

the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough."

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.



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From A to C. Breaking down what some vitamins can do for you

LINDA
CLARKE
Metro World News

It's easy to get overwhelmed just by standing in the vitamin aisle, so we asked Joan Salge Blake, a spokesperson for the Academy of Nutrition and Dietetics, to break down a few for us.

Vitamin A

"This is needed for vision, cell differentiation and a healthy immune system."

Vitamin B

"There are multiple Bs and they're involved in metabolism and energy production. They also protect the nerves and prevent anemia."

Vitamin C

"C is one of the most overused supplements," she says. "Too much of any vitamin can be problematic. With all vitamins, I say, 'Some is good, more is not necessarily better.'"

Trim down Asian fare with these Sweet 'n' Sour Meatballs



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



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rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7 g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tbsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfood.com

fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

1. Cookin' Greens



ALL-TIME TOP 104 ALBUMS AS SELECTED BY YOU!

Q Nation voted online at www.Q104.ca, and the Mighty Q counted down the best albums ever recorded, over Thanksgiving Weekend.

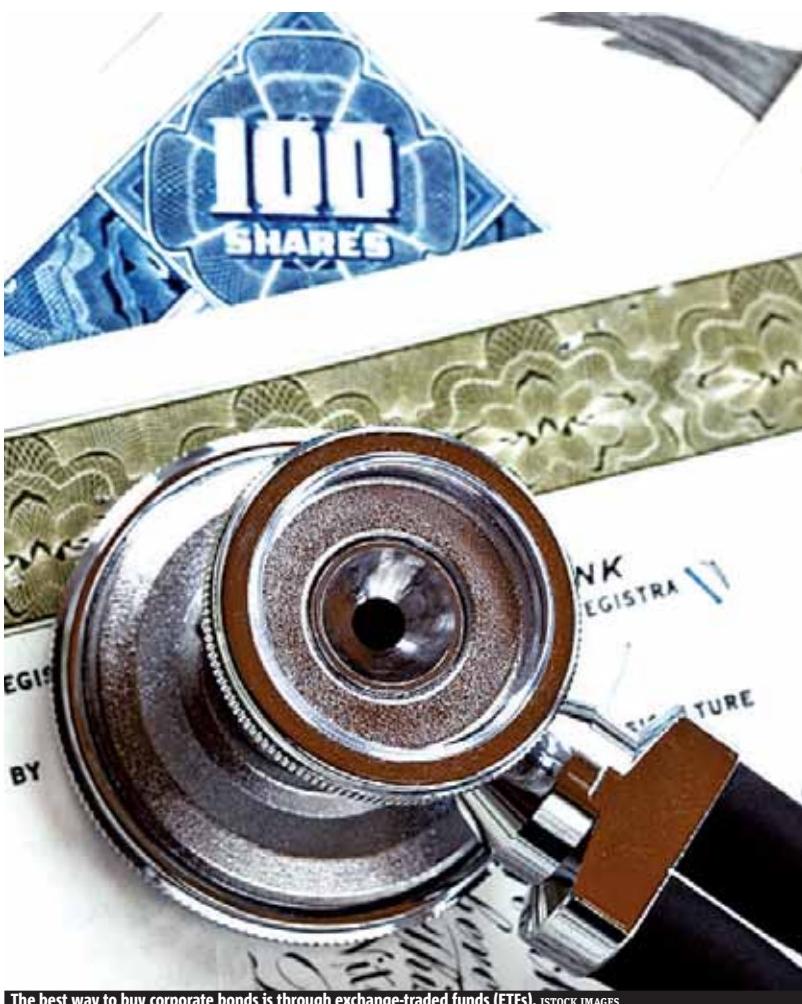
| Back In Black

2. <i>Led Zeppelin IV</i>	Led Zeppelin
3. <i>The Wall</i>	Pink Floyd
4. <i>The Dark Side Of The Moon</i>	Pink Floyd
5. <i>Appetite For Destruction</i>	Guns N' Roses
6. <i>Hotel California</i>	Eagles
7. <i>Nevermind</i>	Nirvana
8. <i>Toys In The Attic</i>	Aerosmith
9. <i>Rumours</i>	Fleetwood Mac
10. <i>The Beatles (white album)</i>	The Beatles
11. <i>The Joshua Tree</i>	U2
12. <i>Wish You Were Here</i>	Pink Floyd
13. <i>Alive!</i>	Kiss
14. <i>Harvest</i>	Neil Young
15. <i>Abbey Road</i>	The Beatles
16. <i>Hysteria</i>	Kim Mitchell
17. <i>2112</i>	Rush
18. <i>Metallica (black album)</i>	Metallica
19. <i>American Idiot</i>	Green Day
20. <i>Sgt. Pepper's Lonely Hearts Club Band</i> w/The Beatles	
21. <i>Boston</i>	Boston
22. <i>Crime Of The Century</i>	Supertramp
23. <i>Machine Head</i>	Deep Purple
24. <i>Van Halen</i>	Van Halen
25. <i>Bat Out Of Hell</i>	Meat Loaf
26. <i>Frampton Comes Alive</i>	Peter Frampton
27. <i>Pyromania</i>	Def Leppard
28. <i>A Night At The Opera</i>	Queen
29. <i>Led Zeppelin II</i>	Led Zeppelin
30. <i>Are You Experienced</i>	Jimi Hendrix
31. <i>Road Apples</i>	The Tragically Hip
32. <i>Physical Graffiti</i>	Led Zeppelin
33. <i>Aqualung</i>	Jethro Tull
34. <i>Ride The Lightning</i>	Metallica
35. <i>Even In The Quietest Moments</i>	Supertramp
36. <i>London Calling</i>	The Clash

AC/DC

37. <i>Master Of Puppets</i>	Metallica
38. <i>Ten</i>	Pearl Jam
39. <i>Fully Completely</i>	The Tragically Hip
40. <i>Reckless</i>	Bryan Adams
41. <i>Unplugged</i>	Eric Clapton
42. <i>Shout At The Devil</i>	Motley Crue
43. <i>Led Zeppelin</i>	Led Zeppelin
44. <i>Let It Bleed</i>	The Rolling Stones
45. <i>Revolver</i>	The Beatles
46. <i>Born To Run</i>	Bruce Springsteen
47. <i>The Doors</i>	The Doors
48. <i>Moving Pictures</i>	Rush
49. <i>Achtung Baby</i>	U2
50. <i>Imagine</i>	John Lennon
51. <i>Fly Like An Eagle</i>	The Steve Miller Band
52. <i>A Day At The Races</i>	Queen
53. <i>Abacab</i>	Genesis
54. <i>Rubber Soul</i>	The Beatles
55. <i>Exile On Main Street</i>	The Rolling Stones
56. <i>Stand Back</i>	April Wine
57. <i>Book Of Dreams</i>	The Steve Miller Band
58. <i>Double Fantasy</i>	John Lennon & Yoko Ono
59. <i>5150</i>	Van Halen
60. <i>Destroyer</i>	Kiss
61. <i>Black Sabbath</i>	Black Sabbath
62. <i>Eliminator</i>	ZZ Top
63. <i>Live At Fillmore East</i>	Allman Brothers
64. <i>Escape</i>	Journey
65. <i>MCMLXXXIV (1984)</i>	Van Halen
66. <i>Razamanaz</i>	Nazareth
67. <i>Mechanical Resonance</i>	Tesla
68. <i>On The Threshold Of A Dream</i>	The Moody Blues
69. <i>Madman Across The Water</i>	Elton John
70. <i>Just One Night</i>	Eric Clapton
71. <i>Screaming For Vengeance</i>	Judas Priest
72. <i>Goodbye Yellow Brick Road</i>	Elton John
73. <i>Audioslave</i>	Audioslave
74. <i>90125</i>	Yes
75. <i>Aja</i>	Steely Dan
76. <i>Americana</i>	The Offspring
77. <i>A Farewell To Kings</i>	Rush
78. <i>Paranoid</i>	Black Sabbath
79. <i>L.A. Woman</i>	The Doors
80. <i>Billion Dollar Babies</i>	Alice Cooper
81. <i>Shake Your Money Maker</i>	The Black Crowes
82. <i>Sticky Fingers</i>	The Rolling Stones
83. <i>Clumsy</i>	Our Lady Peace
84. <i>Up To Here</i>	The Tragically Hip
85. <i>Music From Big Pink</i>	The Band
86. <i>Born In The U.S.A.</i>	Bruce Springsteen
87. <i>Highway To Hell</i>	AC/DC
88. <i>Who's Next</i>	The Who
89. <i>Some Girls</i>	The Rolling Stones
90. <i>Electric Ladyland</i>	The Jimi Hendrix Experience
91. <i>Pronounced Leh-nerd Skin-nerd</i>	Lynyrd Skynyrd
92. <i>Californication</i>	Red Hot Chili Peppers
93. <i>Live Bullet</i>	Bob Seger & The Silver Bullet Band
94. <i>Every Picture Tells A Story</i>	Rod Stewart
95. <i>Deja Vu</i>	Crosby, Stills & Nash
96. <i>Moondance</i>	Van Morrison
97. <i>Breakfast In America</i>	Supertramp
98. <i>Dire Straits</i>	Dire Straits
99. <i>Bad Company</i>	Bad Company
100. <i>Blizzard Of Ozz</i>	Ozzy Osbourne
101. <i>Bayou Country</i>	Creedence Clearwater Revival
102. <i>Diver Down</i>	Van Halen
103. <i>Dreamboat Annie</i>	Heart
104. <i>Quadruphenia</i>	The Who

THANK YOU for voting...
and for listening!



Bonds put regular money in your pocket

Alison's Money Rule.
Don't dismiss bonds;
they add safety to your
investment portfolio



YOUR
MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term

bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs). These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETFs hold a basket of bonds and roll

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgarn.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Paying in cash

Sidestepping the tax man



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle.

However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars and you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit



There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

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SPORTS

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Tuesday, October 9, 2012

Mooseheads winger Luca Ciampini, right, exchanges blows with Wildcats defenceman James Melindy during last year's QMJHL playoffs. METRO FILE

High-scoring Herd finding consistency

QMJHL. Big win over Saint John propels 6-1 squad into third overall



MATTHEW WUEST

matthew.wuest@metronews.ca

Fresh off a Thanksgiving feast at the expense of the Saint John Sea Dogs, the Halifax Mooseheads are hungry to continue their winning ways.

The Mooseheads, who tied a franchise record in an 11-2 shellacking of the two-time defending QMJHL champion Sea

Dogs on Saturday night, have won four straight games heading into Wednesday night's tilt against the Moncton Wildcats at the Metro Centre.

A wobbly opening weekend at home — featuring a 6-1 loss to the Gatineau Olympiques — appears to be firmly in the Mooseheads' rear-view mirror.

"I think we've improved our consistency in our game," said Mooseheads forward Nathan MacKinnon, who had a hat trick and an assist in a first-star performance on Saturday.

"We've had a lot of ups and downs so far. But it was like

that last year at the beginning, too. We got better as the year went on."

With the help of Saturday's stat-padding win, the Mooseheads sit third in the QMJHL with a 6-1 record, while their offence, averaging 5.2 goals per game, is No. 1 in the league.

A big part of their success has been an all-out assault on opposing goaltenders. They've had 45 or more shots three times in seven games while averaging a league-high 40.8 per game.

"We're playing more of a mature game," said Mooseheads winger Luca Ciampini,

who also had a hat trick in Saturday's win.

"We aren't losing our heads and we're just keeping it simple compared to other games."

The Wildcats, who the Mooseheads eliminated in last year's QMJHL first round, were among the pre-season favourites. But they've started slow, near the bottom of the QMJHL standings, with a 3-4 record.

"We've got a big rivalry with them, especially after last year's playoffs," said defenceman Steve Gillard. "They always come out strong against us so we have to be ready to go."

Soccer

County United
falls just short in
Canadian under-14
championship

Jonathan Drouin
HALIFAX MOOSEHEADS

after taking a hit along the boards from Benjamin Hade.

Russell said at the time the injury was "not serious."

The Mooseheads will be without winger Martin Frk, who received an automatic one-game suspension for a slew-footing match penalty he was assessed in Saturday's game.

MATTHEW WUEST/METRO

T h e Mooseheads will be without winger Martin Frk, who received an automatic one-game suspension for a slew-footing match penalty he was assessed in Saturday's game.

MATTHEW WUEST/METRO

NBA

Halifax home to 'some of the best Raptors fans in the world,' head coach Casey says

The Toronto Raptors' five-day stay in Halifax came to a close on Saturday, and they parted ways with a positive review for their training-camp host.

"Some of the best Raptors fans in the world are right here in Halifax," Raptors head coach Dwane Casey told a crowd of 7,000 at the Metro Centre before Saturday's camp-closing intra-squad game.

Fans paid a suggested donation of \$10 — with proceeds going to four local charities — to watch an event that had some humorous moments.

Jose Calderon was traded back and forth between intra-squad teams. Several rookies were forced to sing along to country music at centre court for initiation, while Quincy Acy, a Texan celebrating his 22nd birthday, broke into a bit of a line dance.

It was a fitting ending to a week Casey said was about camaraderie.

"Guys going out to dinner, hanging together and getting to know each other. You learn a lot about guys in this type of setting and about themselves," Casey said. "This was an excellent week."

THE CANADIAN PRESS/METRO

Raptors coach Dwane Casey
TORSTAR NEWS SERVICE FILE

AUS football. Saint Mary's alone in second place — for now

The Saint Mary's Huskies have moved into sole possession of second place in Atlantic University Sport football, but they may have company very soon.

The Huskies, in large part due to 230 yards of offence and a touchdown from running back Melvin Abankwah, won their second straight game on Friday night on home field, whipping the Mount Allison Mounties 43-7 to improve to 2-3.

With the Acadia Axemen in first at 4-1, the Mounties

and St. Francis Xavier X-Men are alone in the AUS basement with 1-4 records.

However, the X-Men could have their 41-20 loss to the Concordia Stingers on Sept. 15 reversed, according to acrofootmag.com. The website reports the Stingers used an ineligible player in the game and an announcement could be coming this week to reverse the result.

The Huskies face the Mounties again on Saturday at 2 p.m. in Sackville, N.B.

METRO

Cards answer the call of fall

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Three hits and an excruciating loss one day, double-digit runs and a laugher the next. The St. Louis Cardinals have been that type of team all season.

The defending World Series champions tied their NL division series with Washington at one game apiece by doing what they do best — forgetting about what happened the day before and concentrating on the game at hand. They lost the division series and NLCS openers last year, and look how that turned out.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmerman early in a 12-4 rout of the Nationals on Monday.

"We know this offence has

Game 2	
12	4
Cardinals	Nationals

the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Daniel Descalso and Allen Craig also went deep to help the Cardinals build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

"If we get things going, we feel like we can carry the team," Craig said. "As you saw tonight, we put a lot of good swings on the ball and really drove the ball. It was a lot of fun."

Quoted

**"Do I look overanxious? You think so?
Maybe you should be a hitting coach."**



Nationals rookie Bryce Harper in response to a reporter's question after going 1-for-5 and striking out four times on Monday.

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

"I miss him not experiencing this with us and he misses not experiencing it with us," Nationals manager Davey Johnson said. "But we did the right thing, there's no question."

"He'd have been the guy that opened the series."

Garcia was taken out with a shoulder injury and sent for an MRI exam. The left-hander missed two months this season with shoulder fatigue.

Game 3 is Wednesday afternoon at Nationals Park, the first post-season contest in the nation's capital since the original Senators played the New York Giants in the 1933 World Series. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

THE ASSOCIATED PRESS



Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis.

DILIP VISHWANAT/GETTY IMAGES

Orioles even series with Yankees



Ichiro Suzuki of the New York Yankees scores a run around catcher Matt Wieters of the Baltimore Orioles Monday in Baltimore. ROB CARR/GETTY IMAGES

Rookie Wei-Yin Chen out-pitched 40-year-old Andy Pettitte, and the Baltimore Orioles beat the New York Yankees 3-2 Monday night to even their AL division series at one game apiece.

Chris Davis drove in two runs for the Orioles, who used the same formula that got them into the post-season for the first time in 15 years: A magnificent bullpen and an ability to win tight games. Baltimore was 29-9 in one-run decisions during the regular season and 74-0 when leading after seven innings.

Mark Reynolds also drove in

a run for the Orioles.

Major league saves leader Jim Johnson, roughed up for five runs in a Game 1 loss, pitched a perfect ninth to close it out.

Baserunning was a key early in the game. Ichiro Suzuki danced around Orioles catcher Matt Wieters to score, while Baltimore's JJ Hardy failed to see his third-base coach and was left stranded.

For the second day in a row, the start at Camden Yards was delayed by rain, this time for 40 minutes.

THE ASSOCIATED PRESS

NHL

Money issues still off bargaining table

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday he expects the conversation to cover issues of "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

THE CANADIAN PRESS

NBA

Raps pass first Real test of pre-season

DeMar DeRozan poured in 18 points and John Lucas added 16 of his own Monday as the Toronto Raptors won their pre-season opener, 102-96, over Spain's Real Madrid.

Andrea Bargnani had 14 points for the Raptors, who ended the third quarter up by two before pulling away in the fourth.

Amir Johnson added 12 points, scoring on several big dunks, while rookie Terrence Ross had 10 points. THE CANADIAN PRESS



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ANNOUNCEMENTS

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Sackville Rivers Association

invites residents and businesses to its

Sackville Greenway

New Trail Open House

Wed Oct 10, 2:30 to 8:30pm

at the Vineyard Christian Fellowship, 1129 Sackville Drive. Find out about a proposed trail along the Little Sackville River from Little Lake to Fultz House.

Come give your input

Speakers are at 3pm & 7pm.

More info at our website: sackvillerivers.ns.ca/sg or 865-9238

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Horoscopes

♈ Aries

March 21 - April 20

What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus

April 21 - May 21

Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini

May 22 - June 21

If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer

June 22 - July 23

Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo

July 24 - Aug. 23

Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo

Aug. 24 - Sept. 23

You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra

Sept. 24 - Oct. 23

Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio

Oct. 24 - Nov. 22

Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius

Nov. 23 - Dec. 21

You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

♑ Capricorn

Dec. 22 - Jan. 20

You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

♒ Aquarius

Jan. 21 - Feb. 19

Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces

Feb. 20 - March 20

Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

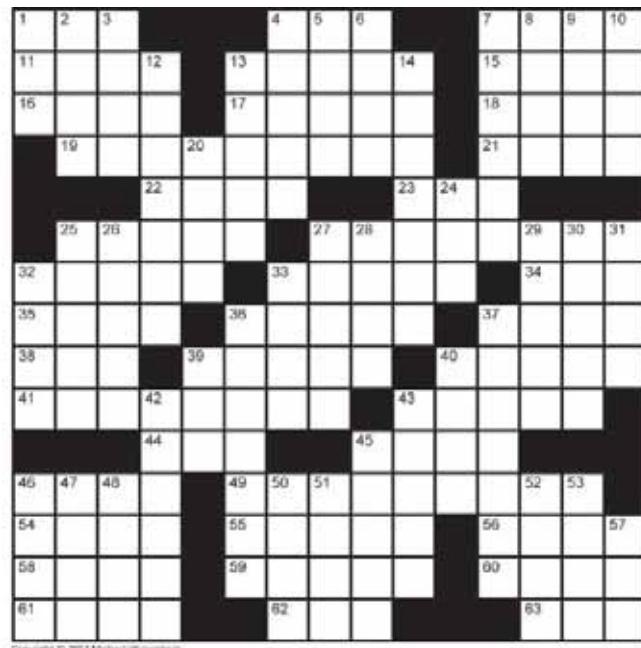
BY MICHAEL WIESENBERG

Across

1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)

Down

54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons



32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)

45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	3	5	7	9	1	2	4	6
7	1	6	2	4	8	9	3	5
9	2	4	3	5	6	8	1	7
8	7	8	4	2	3	6	9	1
2	9	1	6	8	7	4	5	3
4	6	3	9	1	5	7	2	8
3	4	7	1	6	9	5	8	2
1	5	2	8	7	4	3	6	9
6	8	9	5	3	2	1	7	4

4			1					
2			3	7	5			
9		8		6				
7	6	2			8			
3						9		
						6	4	1
						7		
						5		
						7		



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**HURRY IN!
OFFER ENDS
OCTOBER 31ST**

0% FINANCING ON 2013* ON SELECT MODELS

**PAY FOR
90 DAYS***

+ \$500 WINTER TIRE CREDIT

+3 MONTHLY PAYMENTS ON US*

FOR A LIMITED TIME ONLY

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM Sorento SX shown[△]

2013 SORENTO 7 PASSENGER SEATING AVAILABLE

OWN IT FROM \$146* BI-WEEKLY	WITH \$0 DOWN	AT 0%	FOR UP TO 60 MONTHS
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—OR—

STEP UP

**FOR AN EXTRA
\$19*
BI-WEEKLY**

TO THE 2013 SORENTO LX AT AWD:

WINTER READY FEATURE: AWD ALL-WHEEL DRIVE

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**, \$7,593 remaining balance.
Offer includes delivery, destination, PPSA and fees of \$1,829, **\$1,650** "3 payments on us" savings* and **\$500** winter tire credit*.
BASED ON A PURCHASE PRICE OF \$28,724. Offer based on 2013 Sorento LX AT.

2013 FORTE SEDAN HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

**WELL-EQUIPPED FROM
\$13,995* +**

\$500 WINTER TIRE CREDIT

Offer includes delivery, destination, PPSA and fees of \$1,534, **\$1,050** "3 payments on us" savings* and **\$2,484** cash savings*. **BASED ON A PURCHASE PRICE OF \$17,529.** Offer based on 2013 Forte Sedan LX MT.

Forte SX shown[△]

2012 OPTIMA HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

**WELL-EQUIPPED FROM
\$21,629***

**INCLUDES
\$4,300
IN CASH SAVINGS**

**INCLUDES
3
MONTHLY PAYMENTS
ON US***

Offer includes delivery, destination, PPSA and fees of \$1,634, **\$1,200** "3 payments on us" savings* and **\$3,100** cash savings*. **BASED ON A PURCHASE PRICE OF \$25,929.** Offer based on 2012 Optima LX AT.

Optima SX Turbo shown[△]



5 WE'VE GOT
YOU COVERED
5-year/100,000 km
worry-free comprehensive
warranty.

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Military Benefit
 Mobility Assistance
 Grad Rebate
see dealer for details



Atlantic Kia dealers for Atlantic drivers.



The Power to Surprise

(Offer) is available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 31st, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchasing financing is available on select new 2013 Kia models on approved credit. Representative financing example based on 2013 Forte Sedan LX MT (F0540D) with an MSRP of \$17,529 financed at 0.9% APR for 60 months amortized over an 84-month period. Estimated remaining principal balance of \$4,377 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$999, \$1,050 "3 payments on us" savings*, \$500 winter tire credit, delivery and destination fees (\$1,650), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$300, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Don't Pay for 90 Days* on select new models (90-day payment deferral option) to purchase financing offers on select 2012 and 2013 models on approved credit (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2013 Forte Sedan/2013 Forte Koup/2013 Forte from a participating dealer between October 1 - October 31, 2012. Eligible lease and purchase price (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to \$1,050 (\$1,050/\$1,200/\$1,650/\$1,650/\$1,050/\$1,050/\$1,050 reduction from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 31, 2012. *\$500 Winter Tire offer is open to retail customers who finance or lease an eligible new 2012 or 2013 Kia vehicle from a participating Kia dealer between October 1 and October 31, 2012 inclusive. Eligible models include 2012/2013 Rio 4-door and Rio5, 2012/2013 Forte Sedan, Forte Koup and Forte5, 2012/2013 Sorento and 2012 Soul 1.6L AT or MT models. \$500 can be redeemed at customer's choice, towards the purchase of a winter tire/tires for their new Kia vehicle, in the form of a cheque in the amount of \$500 or as a reduction of \$500 from the negotiated selling price (before taxes) of the new vehicle. Some conditions apply. See your Kia dealer for complete details. Offer ends October 31, 2012. *Bi-weekly finance payment (on approved credit) for new 2013 Sorento 1.6 AT AWD (SR750D) based on a selling price of \$26,724 (\$3,024.44) with an APR of 0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$7,593 (\$8,441 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$1,650 "3 payments on us" savings*, \$500 winter tire credit, delivery and destination fees (\$1,650), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$300, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. *Cash purchase price for 2012 Optima LX AT (OP740Z) is \$21,629 and includes a cash savings of \$3,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Based on the Manufacturer Suggested Retail Price of \$25,929. Retailer may sell for less. Available at participating dealers. See dealer for full details. *\$2,484/3,100 cash savings on the cash purchase of an eligible new 2013 Forte Sedan/2012 Optima from a participating dealer between October 1 - October 31, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. [△]Model shown. Manufacturer Suggested Retail Price for 2013 Sorento 5.5L SX AWD (SR750D)/2013 Forte SX Luxury AT (F074X0D)/2012 Optima SX Turbo (OP48C) is \$45,045 (\$27,150/\$35,450). Includes delivery and destination fees of \$1,650 (\$1,455/\$1,455 and A/C charge (\$100, where applicable). License, insurance, applicable taxes, PPSA, other fees and certain levies (including tire levies), variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. *Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T)/2012 Optima 2.4L GDI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the \$500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.